

Energy Psychology / Emotional Freedom Technique

Certified Emotional Freedom Technique Practitioner

Katherine Ann Nuyens provides personal empowerment services including Hypnosis, EFT, Quantum Biofeedback, Theta Healing and other Energy Psychology Techniques. She sees clients in her office in Southern New Jersey, and she provides online and telephone consultations as well. Katherine works with clients to facilitate emotional, physical and spiritual growth. Her unique style of healing encourages the restoration of emotional balance, enhanced personal strategies and skills to reach the plans, goals, and dreams they desire. Request an appointment by calling Katherine's office at 856-780-5302.

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What is EFT (Emotional Freedom Technique)?

The Emotional Freedom Technique (EFT) is a powerful process that can help just about anyone to achieve genuine freedom from the emotions that have created problems in their lives. This technique has been described by some as one of the most important breakthroughs in the area of psychology in this century. It has been used successfully with thousands of people with a broad range of difficulties.

We believe Energy Psychology is a new paradigm in healing. Healing does not have to be difficult or lengthy. It is time for all of us to clear our issues, finding our wholeness.

EFT does this easily and efficiently! It continually simply amazes us...

I can honestly tell a marked difference in my "insides". I am very much at peace with everything since our work together. My husband does not know all I did with you and has stated on his own he has noticed a dramatic change. Also, I must not be clenching at all because there is no more jaw pain! Thank you!! --C.L.

This healing technique will assist you in using your body's energy system to better manage your life. You will learn to cope with or eliminate life long issues. It is a very effective and efficient process for creating rapid change. It effectively treats both emotional and psychological issues.

EFT is based on the ancient Chinese art of acupuncture. EFT is likened to acupuncture without the needles. The belief behind this method is that our emotional upsets are the result of an imbalance in our energy system. It uses a simple tapping technique, using one's fingertips, following a specific algorithm of meridian points. It is likened to acupuncture without the needles.

In this world of "quick and easy" EFT is it! The EFT technique aided me in awakening to an inventory of wounds still festering from long forgotten experiences and have many of them instantly healed. --M.K.

Most energetic imbalances may be partially or completely relieved within a short time using this process. Others may be relieved through repetition of the process. Some examples of energetic patterns that have been successfully cleared using EFT:

- Specific health issues
- General health
- Compromised physical, mental or emotional states
- Public speaking ability
- Sport performance abilities
- Ability to learn
- Self esteem
- Improved communication/ relationships
- Abundance issues
- Chronic pain
- Traumatic memories
- Fears
- Limiting beliefs, emotions, habits
- Anger, rage
- Anxiety and despair
- Negative attitudes
- Confusion

- Cravings
- Weight issues
- And more…..

Please Note:

EFT is a very flexible improvement tool that can be used for just about everything. The original version and complete training can be found at <http://www.emofree.com>.

While EFT has produced remarkable clinical results, it must still be considered to be in the experimental stage and thus practitioners and the public must take complete responsibility for their use of it. Further, Gary Craig, the originator, is not a licensed health professional and offers EFT as an ordained minister and as a personal performance coach.

The amazing new methods of Energy Psychology are transforming the way we handle stress!

Henry Altenberg, M.D.

Chairman, Ethics and Professional Affairs Committee

Association for Comprehensive Energy Psychology

I consider EFT to be the perfect means now available to everyone for regaining physical and mental health.

Tania de Winne, M.D.

Emotional Freedom Technique for Your Child and Teen

TappyBear is a powerful addition to EFT therapy -- A true EFT tapping companion.

EFT Therapists, teachers and parents agree that working with TappyBear has assisted them to effectively reach core issues much quicker.

TappyBear may be used in many different ways and has been used to teach tapping points as well as to significantly reduce stress during therapy.

Parents and children are encouraged to use TappyBear for on going tapping in the home.

At our clinic we are presently using EFT to help patients overcome negative emotions that undermine health, and to eliminate many forms of pain. We also use it to reduce food cravings that can sabotage healthy eating programs, and to implement positive life goals to support optimal health and well being. EFT is now a major component of our treatment program.

Dr. Joseph Mercola, D.D.O.

Director, Optimal Wellness Center, Chicago, Illinois

www.mercola.com

(second largest alternative medicine website in the world)

I thoroughly enjoyed our session today!!!! You are truly a gifted healer! After experiencing the best of healing arts and healers in Asia, I sense when one is truly a healer and not just a practitioner. I am so excited and honored to work with you. I will consider you an Easter Blessing from the Divine Healer, my Lord! Thanks! --E.D.